

Portarlinton Taekwon do



Theory Test

Red belt 2nd Kup

Consult your student hand book

1. When leading the class to bow to the Instructor, what is the correct title for 1st – 3rd dan, 4th – 6th dan, 7th – 8th dan, 9th dan?
2. Explain Sine Wave motion?
3. What is the definition of sliding motion, How is sliding motion performed?
4. What are the new techniques/ Stances in Hwa Rang? (There are 5)
5. What are the Blocking/ Striking tools for these new techniques?
6. What is the meaning of Hwa Rang?
7. How Many Movements are in Hwa Rang?
8. At what level should the fist finish with an upward punch?
9. What does the colour Black mean for your belt?
10. What are the meanings of previous patterns/ How many movements?
11. What is the length/ weight distribution in Vertical stance?
12. What does “pulling the foot mean?
13. What is the difference between “Obverse” & “Reverse” techniques?
14. What defines when a stance is a left or right stance?
15. What are the 6 key elements for the theory of power?

Students must learn Korean terminology to the best of your ability